



# Is It a Cold or an Allergy?

Symptoms	Cold	Airborne Allergy
Cough	Common	Sometimes
General Aches, Pains	Slight	Never
Fatigue, Weakness	Sometimes	Sometimes
Itchy Eyes	Rare or Never	Common
Sneezing	Usual	Usual
Sore Throat	Common	Sometimes
Runny Nose	Common	Common
Stuffy Nose	Common	Common
Fever	Common	Never
Duration	3 to 14 days	Weeks (for example, 6 weeks for ragweed or grass pollen seasons)
Treatment	Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines	Antihistamines—over the counter or by prescription Nasal steroids Decongestants
Prevention	Wash your hands often Avoid close contact with anyone with a cold	Avoid those things that you are allergic to such as pollen, house dust mites, mold, pet dander, cockroaches
Complications	Sinus infection Middle ear infection Asthma	Sinus infection Asthma